

SO WHAT IS THE MOST IMPORTANT MUSCLE IN THE SHOULDER?

W. DARREN HAMMOND, MPT, CWS
The ROHO Group, Inc.

One of the leading chronic overuse injuries related to wheelchair users has been shoulder pain. More clinicians understand this debilitating problem for wheelchair users and are focusing a greater extent of time to address this issue. However, most levels of care are forcing clinicians to cut their treatment time and length of stays shorter. This limitation in time and resources unfortunately directly affects the overall rehabilitation of an individual who utilizes a wheelchair. Clinicians do not have the time to conduct involved seating and positioning assessments, initiate good strength training protocols, and modify a client's bad biomechanical habits of functional mobility. If therapists do attempt to focus time and energy on prevention and treatment of shoulder pain, most often key muscles are overlooked in the rehabilitation process.

This interactive presentation will review the current best evidence on what to consider with shoulder function of those wheelchair users who may be at increased risk for injury. The most common overuse injuries will be reviewed. Clinicians will gain a variety of strategies to improve shoulder range of motion, strength and to better achieve biomechanical alignment of the shoulder to improve function. Evidence will be reviewed which will challenge clinicians to consider the importance of various muscles of the shoulder in those individuals who utilize a wheelchair as their primary means of mobility.

Speaker Bio

darrenh@therohogroup.com